

# *tec* the Environment Centre (*tec*)

## Damp and mould

---

The most common damp problem is condensation, affecting over half a million homes in the UK. Cold, poorly insulated homes are particularly at risk.

### Did You Know?

Daily activities can add lots of moisture to the air every week

Drying clothes indoors 10-15L



Washing (bathroom and kitchen) 15-20L



Breathing! 30-40L for a family of four



### When is it a problem?

- Mould growth – can cause allergies, respiratory problems and infections; can exacerbate conditions in vulnerable people
- Dust mites – can lead to wheezing and asthma
- Difficult and expensive to heat your home – damp surfaces and soft furnishings absorb more of the available heat from the air
- Damage to decorations

**Call 0800 804 8601 for free, independent and local advice**

# tec the Environment Centre (tec)

## Damp and mould

### Types of damp and how to identify them



**Condensation:** warm moist air hits a cool surface and water droplets appear



**Plumbing issues:** leaky pipes, wastes or overflows



**Penetrating moisture:** rain seeping through missing roof tiles, spilling from a blocked gutter, entering around window frames, blocked cavities and bridging



**Rising damp (rare):** due to defective or missing Damp Proof Course

### How to remove mould

- Wear protective clothing (rubber gloves, face mask, goggles)
- Open windows but close doors to stop the spread of spores into other rooms
- Use a cloth soaked in a weak solution of bleach and water to wipe away mould, followed by a dry cloth to dry the area
- Dispose of dirty items

**Call 0800 804 8601 for free, independent and local advice**

## Checklist to prevent or reduce condensation

### General

- Don't block air bricks, air vents or extractor fans
- Open windows if it's secure to do so, use trickle vents or latch the window partly open and lock it
- Try to keep indoor temperatures above 15°C
- Position furniture away from external walls

### Cooking

- Keep lids at least partially on pots and pans
- Turn on the extractor fan or open a window to let steam out

### Bathing

- When running a bath, add the cold water first
- Take shorter showers
- Don't leave wet towels lying around
- Turn on the extractor fan or open a window to let moisture out

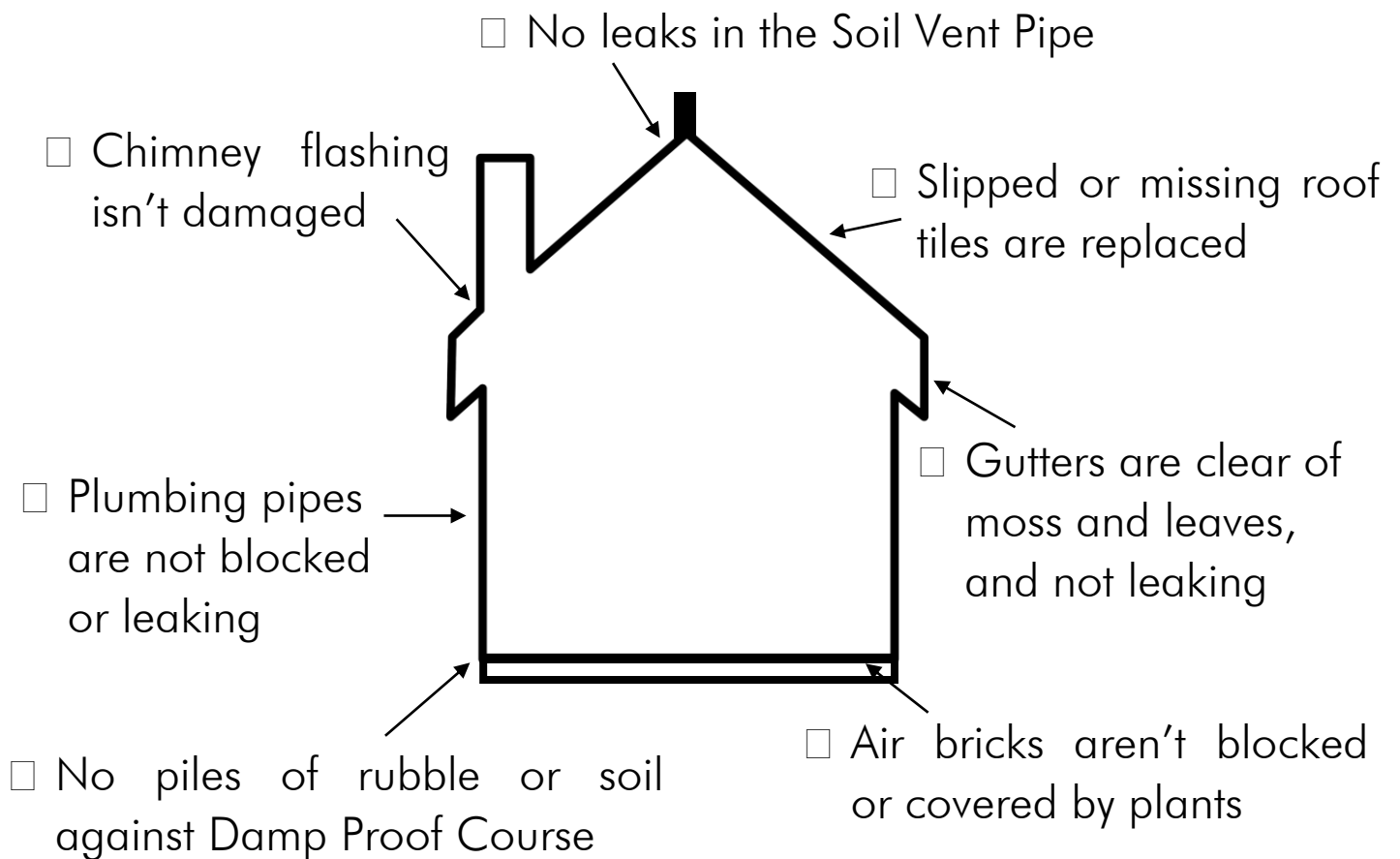
### Clothes Washing and Drying

- Hang clothes outside to dry (it's even possible in winter)
- Don't hang clothes to dry on radiators

**Call 0800 804 8601 for free, independent and local advice**

## Checklist to prevent other types of damp

### Home repairs and maintenance



**Call 0800 804 8601 for free, independent and local advice**